

Volunteer Vacancy List – February 2008

Remember, just a few hours of your time really does make a difference.

Day Centres – to serve refreshments, wash up, help with a range of social activities, and chat to members, for as little as two hours a week.

- Albrighton urgently needs some helpers every Thursday to ensure the continuation of this valuable day centre.
- Alveley has vacancies for helpers on a Monday.
- Bridgnorth, which meets every Monday and Wednesday, would like to have a pool of relief helpers that they can call on as needed. Can you help? The Wednesday group requires a driver, who would need to be available for about an hour from 9am, and again from about 2.30pm to return some members home. There is also a vacancy for a helper on a Wednesday.
- Church Stretton, which meets every Tuesday, would like a couple of people to put out the chairs in the morning.
- Cleobury Mortimer needs some trustees to help with the management of the day centre, and has vacancies for helpers at the centre every Monday.
- Craven Arms, which meets every Thursday, would like an entertainments organiser and a driver and has vacancies for helpers; it also needs a cook once a month to prepare the lunch for about 30 people, with the help of other volunteers.
- Donnington has vacancies for helpers on Mondays and Wednesdays.
- Hodnet, which meets every Thursday, urgently needs an organiser from 9.30am to 3pm to co-ordinate a lovely group of helpers at this lively and fun day centre. Could this be you? The ability to work as part of a team is essential. Also required is a helper on a regular weekly basis and a treasurer for an hour a week.
- Market Drayton has a vacancy for a helper on a Thursday.
- Newport, which meets on a Tuesday, has a vacancy for a treasurer.
- Shawbirch, which meets on a Wednesday, has a vacancy for a treasurer.
- Shawbury has a vacancy for a helper on a Wednesday.

- Stirchley has vacancies for an organiser, treasurer and helpers every Friday.
- Shrewsbury: Armdale and Castlefields, which meet on a Monday, each has vacancies for two helpers; Monkmoor which meets on a Tuesday has vacancies for helpers, and also for trustees to look after the management of the day centre; Greenacres needs an organiser, helpers and trustees every Wednesday; Gains Park has vacancies for helpers, and also an escort for the transport, every Thursday.
- St Martins, which meets every Tuesday, would welcome another driver, who would need to be available on a Tuesday morning for about an hour from 9.30am, and in the afternoon from about 2.30pm to return some members home.
- Wellington (Hornbeam Close), which meets every Tuesday, has a vacancy for a treasurer.
- Wem has a vacancy for a reserve helper, who could be used in an emergency when one of the regular team is away.

Home Visiting – to visit older people in their own homes and provide social contact, as well as helping with minor tasks.

- Help At Home volunteers provide a befriending visitor service by visiting older people in their homes in the area covered by Shropshire County Council for 1-2 hours per week. They give their support by carrying out a social visit and providing a good listening ear; helping clients find out about the range of Age Concern services available in their local community; by promoting and supporting a degree of independence, eg help with their post; by having fun together, eg playing board games, going for a walk, having trips out in a car. Visits take place according to a volunteer's availability. We are currently seeking new volunteers, particularly in the Shrewsbury area, to meet the increasing demand for this service.
- Telephone Buddy volunteers come into the Shrewsbury office on a Monday morning to ring older people and offer a friendly weekly chat. Many older people spend weekends feeling isolated and lonely, so the prospect of hearing a friendly voice is proving popular. Most volunteers do one or two duties a month.
- Home from Hospital volunteers provide short term non-medical support to people aged 60 years or over in South Shropshire, for up to 6 weeks after returning home following a stay in hospital. More voluntary visitors are needed in South Shropshire to help people with practical support, such as shopping, collecting prescriptions, companionship and accompanying to doctor's surgery, the aim being to encourage and promote the return of confidence and optimum independence following discharge from hospital. This would be for about 2 to 2½ hours a week.
- Home visitors are also needed in Telford & Wrekin, particularly in Donnington, Ketley, Newport, Trench and Wellington, for the Neighbourhood Visiting Scheme.

Morning Call Club- to make telephone calls to older people who would like to hear a friendly voice

- Volunteers are needed in the south Shropshire area working from home, for as little as an hour a week. The older people receiving the calls could be people who feel isolated, who are carers or who have restricted social contacts. A friendly voice can make all the difference, so could you give a little time to provide a listening ear.

Parish Link – to be our contact point for older people and to publicise Age Concern Services in your parish. We need volunteers to signpost older people to us and to tell us about the worries and concerns of local older people. The role should only take up an hour or two of your time each month.

- Volunteers are needed in parishes throughout the area covered by Shropshire County Council.

Benefits – to help older people fill in forms to claim benefits such as Attendance Allowance and Disability Living Allowance

Advocacy –to work on a one-to-one basis providing help and support whilst an older person is dealing with a crisis in their lives. This may be related to Care Homes, problems with utility companies or many other issues, and volunteers receive the full support of advocacy officers. You will need to be comfortable making telephone calls to authorities, solicitors, social workers etc., and there is often a need to correspond by letter with companies, Social Care and Health and other organisations.

- Volunteers are needed particularly in the Telford area.

Insurance – to arrange insurance face to face or over the telephone, and to give quotes, issue policies and deal with renewals

- We are seeking more volunteers to support our insurance services working from our Shrewsbury office. Some experience using computers is preferable, and times can be one or two half days per week or hours to suit.

Computer Classes - lead a class of older people and inspire beginners to use computers

- We are currently running very successful IT classes in Shrewsbury for absolute beginners, and offer classes in basic windows, publisher, internet and spreadsheets. If you think you have the relevant skills to help for either two or four hours each week then please get in touch.

Mentoring – using older people to inspire younger people who might be experiencing difficult times in school

- Age Concern will be working with secondary schools and primary schools in the Telford area and we are looking for older people who are willing to give up a few hours each week to work with small groups of children and some one-on-one work. Full training and ongoing support will be given to volunteers including expenses

Office Work – a vacancy is available at the Shrewsbury office to assist with reception duties on a Thursday

Fundraising – volunteers needed for a variety of work, such as assisting in the organisation of fundraising events, sending out material to supporters and street collecting

- Would you volunteer to hold a coffee morning, a pub quiz, or any other fundraising venture to support the work of Age Concern in Shropshire, Telford & Wrekin. Talk to Heather Williams, Public Relations & Income Generation

If you would like more information about any of the volunteering opportunities, contact Keith Gallop, Volunteer Recruitment Officer

☎ 01743 233123 extension 226

email: keith.gallop@ageconcernshrops.org.uk

If you are interested in becoming a volunteer click on link titled **Volunteer Application Form**, fill in the form, and post it to the address at the bottom of the form.